



# Meal Idea: Yummy Slow Cooker Meals and Metabolism Boosting Recipes

*Toni Holmes, Collier Marcella*

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The Meal Idea: Yummy Slow Cooker Meals and Metabolism Boosting Recipes book features both slow cooker recipes and the metabolism boosting diet. You will find a wide variety of slow cooker meal ideas along with the metabolism diet that features metabolism booster foods to make meal planning easy if you wish to jump into a healthier lifestyle. Start with metabolism diet and slow cooker meal ideas for the week to make cooking great tasting meals. The metabolism diet and slow cooker meal plans are great when combined. Meal Idea features these sections: What Is the Difference Between a Slow Cooker and a Crock Pot, Slow Cookers and Food Safety, The Advantages to Cooking with a Slow Cooker, Tips for Making the Most of Your Slow Cooker, You can Even Make Meatloaf in the Slow Cooker, Breakfast Recipes, Snack, Dessert, and Appetizer Recipes, Soup and Stew Recipes, Main Dish and One Dish Meals, 5 Day Meal Plan, Metabolism Diet, Metabolism Diet Allowable Foods, Metabolism Diet Avoided Foods List, How the Metabolism Diet Helps with Weight Loss, Other Foods Found to Boost Metabolism, The Best Beverage for Boosting metabolism, Advice to Help Facilitate Weight Loss While on the Metabolism Diet, Sample 5 Day Menu Plan, Breakfast Recipes, Bread Recipes, Snacks, Desserts and Appetizer Recipes, Side Dish Recipes, and Main Dish Recipes. A sampling of the included recipes are: Slow Cooked Italian Beef, Baked Stuffed Mushrooms, Flat Bread with Flax, Corned Beef Brisket and Cabbage, and Breakfast Cheese Strata with Vegetables.

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